

# Healthy Plant Based Other Lunch **SWAPS**

or dinner dishes

*Elena Holmes MSc*



**PLANT-BASED**  
Health Professionals UK

**Chilli  
con carne**

**SWAP THIS**

**SWAP**

**Chilli with  
beans/chickpeas/  
lentils**

**SWAP**

**SWAP**

**Chilli with  
jackfruit and  
beans**

**Bean chilli**



**Chilli with  
mushrooms,  
aubergines, and cashews**



**Pork pie**

**SWAP THIS**

**Shop-bought  
meat-free  
vegan pie**



**SWAP**

**SWAP**

**Homemade  
mushroom  
and lentil pie**



**To learn more, join this free challenge**



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**Jacket potato  
with tuna**

**SWAP THIS**



**Jacket potato  
with mashed  
chickpeas**

**SWAP**

**Jacket potato  
with baked beans, other  
cooked or tinned  
beans, lentil sauce**

**SWAP**



**Sweet potato and chickpeas**



**Stir-fry  
with chicken or  
other type or meat**

**SWAP THIS**



**Stir-fry  
with jackfruit**

**SWAP**



**SWAP**

**Stir-fry  
with tofu, tinned beans  
or lentils, chickpeas,  
or mushrooms**

**Jackfruit stir-fry**



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